

Let's see what's for lunch...

Week 1

Pabulum Allergen Awareness Menu

Please Note Friday Main Meal Contains Fish (F)

Week 2

Week 3

Monday

Main Meals
Beef Bolognese with Spaghetti
Vegan Bolognese with Spaghetti
Baked Jackets with Baked Beans

Served With
Peas & Broccoli

Dessert
Fresh Fruit Platter & Jelly

Tuesday

Main Meals
BBQ Chicken Folded Flatbread with Oven Baked Wedges
Vegan Roasted Vegetable & Houmous Folded Flatbread with Oven Baked Wedges
Pasta & Tomato Sauce

Served With
Carrots & Sweetcorn

Dessert
Apple Crumble

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Vegan Roasted Vegetable Pasta Bake
Baked Jackets with Baked Beans

Served With
Seasonal Greens & Cauliflower

Dessert
Shortbread

Thursday

Main Meals
Chilli Con Carne with Steamed Rice
Vegan Vegetable & Bean Chilli with Steamed Rice
Pasta & Tomato Sauce

Served With
Broccoli & Carrots

Dessert
Jam Tart

Friday

Main Meals
Fish Fingers (F) with Oven Baked Chips & Ketchup
Vegan Goujons with Oven Baked Chips & Ketchup
Baked Jackets with Baked Beans

Served With
Peas & Baked Beans

Dessert
Fresh Fruit Platter & Jelly

Freshly Baked Bread:
Carrot & Beetroot Flatbread

Week 1:
1st January, 22nd January, 12th February, 4th March, 25th March, 15th April, 6th May

Monday

Main Meals
Chicken Sausage with Mashed Potato & Gravy
Vegan Vegetable Rosti with Mashed Potato & Gravy
Pasta & Tomato Sauce

Served With
Sweetcorn & Baked Beans

Dessert
Fresh Fruit Platter & Jelly

Tuesday

Main Meals
Chicken & Sweetcorn Pasta
Pasta with Vegan Tomato & Cannellini Bean Sauce
Baked Jackets with Baked Beans

Served With
Carrots & Broccoli

Dessert
Mandarin Jelly

Wednesday

Main Meals
Paprika Roast Chicken with Roast Potatoes & Gravy
Vegan Sweet Chilli Stir-fry Mushroom & Vegetable Rice
Pasta & Tomato Sauce

Served With
Seasonal Greens & Peas

Dessert
Chocolate Shortbread

Thursday

Main Meals
Beef Keema with Turmeric Rice
Vegan Layered Vegetable & Sweet Potato Bake
Baked Jackets with Baked Beans

Served With
Carrots & Sweetcorn

Dessert
Jam Tart

Friday

Main Meals
Fish Fingers (F) with Oven Baked Chips & Ketchup
Vegan Fajita Spiced Vegetable Flatbread with Oven Baked Chips & Ketchup
Pasta & Tomato Sauce

Served With
Peas & Baked Beans

Dessert
Fresh Fruit Platter & Jelly

Freshly Baked Bread:
Garlic & Herb Flatbread

Week 2:
8th January, 29th January, 19th February, 11th March, 1st April, 22nd April, 13th May

Monday

Main Meals
Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne
Vegan Roasted Vegetable Ratatouille
Baked Jackets with Baked Beans

Served With
Carrots & Broccoli

Dessert
Fresh Fruit Platter & Jelly

Tuesday

Main Meals
Fajita Spiced Turkey & Vegetables with Steamed Rice
Vegan Vegetable & Bean Tortilla Flatbread
Pasta & Tomato Sauce

Served With
Sweetcorn

Dessert
Orange Shortbread Biscuit

Wednesday

Main Meals
Herby Roast Chicken with Roast Potatoes & Gravy
Vegan Pasta Bake
Baked Jackets with Baked Beans

Served With
Seasonal Greens & Broccoli

Dessert
Jam Tart

Thursday

Main Meals
Beef & Vegetable Ragu Pasta
Vegan Chickpea & Spinach Korma with Steamed Rice
Pasta & Tomato Sauce

Served With
Cauliflower & Carrots

Dessert
Maryland Cookie

Friday

Main Meals
Fish Fingers (F) with Oven Baked Chips & Ketchup
Vegan Bubble & Squeak with Oven Baked Chips & Ketchup
Baked Jackets with Baked Beans

Served With
Peas & Baked Beans

Dessert
Fresh Fruit Platter & Jelly

Freshly Baked Bread:
Courgette & Tomato Flatbread

Week 3:
15th January, 5th February, 26th February, 18th March, 8th April, 29th April, 20th May

Pabulum Salad Bar
Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

Available Every Day:
Fresh Fruit & Jelly



Allergen Key
Contains Fish (F)

BM1 & BM2 Allergen Awareness Menu
Jan 2024

All products are subject to availability

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HONESTLY GOOD FOOD